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ABSTRACT

This article presents Internet websites that align with the Council for Accreditation of Counseling and Related Educational Program's (CACREP) eight common core knowledge areas. The core areas include Professional Identity; Social and Cultural Diversity; Human Growth and Development; Career Development; Helping Relationships; Group Work; Assessment; and Research and Program Evaluation. The goals of the article are threefold: (1) to encourage persons new to technology to explore the Internet and advance their technology skills; (2) to demonstrate a systematic way of organizing an Internet search; and (3) to provide Internet resource information for counselors, counselor educators, and counseling students. The eight CACREP core knowledge areas are presented with suggestions for websites. A description of each knowledge area is offered in abbreviated format following the titles. (ADT)

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Supporting CACREP Programs and Curriculum with World Wide Web Resources

by

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Chapter Six

Supporting CACREP Programs and Curriculum with World Wide Web Resources

Thomas J. Keller and Ronald W. Goodman

Technological advances in counseling and counselor education have been profound, to say the least. From distance learning projects to CD-ROM micro-skills training to the ubiquitous e-mail, the field has been swept up in cyber applications at a startling pace. Internet availability has made it possible to access a seemingly endless volume and variety of information. Consequently, the teaching/learning process has been accelerated and enriched.

The Council for Accreditation of Counseling and Related Educational Programs (CACREP, 2001) focuses on the teaching/learning process in counselor education programs and provides curricular and clinical standards for accreditation. Technological competency is expected along with evidence that faculty and students have good access to print and non-print resource information. Further, the Association for Counselor Education and Supervision's Technology Interest Network has developed expected technology competencies for graduates in counselor education programs (ACES, 1999).

The purpose of this chapter is to present Internet websites that align with the CACREP eight common core knowledge areas. Our goals are:

- To encourage persons new to technology to explore the Internet and advance their technology skills.
- To demonstrate a systematic way of organizing an Internet search.
- To provide Internet resource information for counselors, counselor educators, and counseling students.

The sites we have chosen are merely representative and intended to open other possibilities either from a particular site or from the user's own level of interest. As you will see, some sites are informational while others serve mainly as a source for related links. Naturally, some do both. We have tried not to serve as an advertising source for persons or companies, but some personal sites do contain excellent resource material and so were included. We also know that many of you are sophisticated Internet users

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who could easily provide some wonderful sites. Perhaps this information will, at the very least, provide a basic reference list for your work with students, practitioners, or clients. And finally, we wish to note that the sites chosen are currently active, but- unlike hard copy resources- may have vanished into the thin air of cyberspace when you attempt to activate them.

The eight CACREP core knowledge areas will be presented with suggestions for websites. The description of each knowledge area follows the title, but is offered in an abbreviated format. The reader can visit the CACREP website listed under Professional Identity in order to access the standards in their entirety.

Professional Identity

Studies that provide an understanding of all of the following aspects of professional functioning:

a. history and philosophy of the counseling profession
b. professional roles
c. technological competence and computer literacy
d. professional organizations
e. professional credentialing
f. public and private policy processes
g. advocacy processes
h. ethical standards of ACA and related entities

http://www.counseling.org
American Counseling Association

http://www.counseling.org/cacrep/
Council for Accreditation of Counseling and Related Educational Programs

http://www.schoolcounselor.org/
American School Counselor Association

http://www.amhca.org/
American Mental Health Counselors Association

http://isca.indiana.edu
An example of a state (Indiana) school counselor association website.

http://www.mamhca.org
An example of a state (Massachusetts) mental health counseling association website.

http://www.csi-net.org/
Chi Sigma Iota, International Honor Society for students, counselors, and counselor educators.

http://www.nbcc.org
National Board for Certified Counselors

http://www.edtrust.org
The Education Trust provides information on advocacy.

Social and Cultural Diversity

Studies that provide an understanding of the cultural context of relationships, issues and trends in a multicultural and diverse society related to such factors as culture, ethnicity, nationality, age, gender, sexual orientation, mental and physical characteristics, education, family values, religious and spiritual values, socioeconomic status and unique characteristics of individuals, couples, families, ethnic groups, and communities including all of the following:

a. multicultural and pluralistic trends
b. attitudes, beliefs, understandings, and acculturative experiences
c. individual, couple, family, group, and community strategies for working with diverse populations and ethnic groups
d. counselors' roles in social justice, advocacy and conflict resolution, cultural self-awareness, the nature of biases, prejudices, processes of intentional and unintentional oppression and discrimination, and other culturally supported behaviors that are detrimental to the growth of the human spirit, mind, or body
e. theories of multicultural counseling, theories of identity development, and multicultural competencies
f. ethical and legal considerations

http://www.tolerance.org
The National Campaign for Tolerance is a project of the Southern Poverty Law Center.

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http://www.reachctr.org

Respecting Ethnic and Cultural Heritage (REACH) is a Seattle-based organization providing diversity training nationwide.

http://www.naspweb.org

A compilation of diversity articles from the school perspective. Pathways to Tolerance is a free service of the National Association of School Psychologists.

http://www.rubypayne-poverty.com

Based on the beliefs of Ruby Payne, this site provides information for the education of all children, particularly children from poverty.

http://www.nasponline.org/advocacy/glb.html

The National Association of School Psychologists' Work Group on Gay, Lesbian and Bisexual Issues site provides valuable information on the needs of sexual minority youth. Find out more about resources, allied organizations, important court decisions, and NASP activities to ensure that schools provide a safe learning environment for gay, lesbian and bisexual youth.

http://www.apa.org/ed/lgby.html

The American Psychological Association (APA), with funding from the Centers for Disease Control and Prevention (CDC), is initiating a new program to help schools provide health programs for lesbian, gay, and bisexual youth. The Healthy Schools Project for Lesbian and Gay Students (HSP) seeks to reduce risks of HIV infection, sexually transmitted diseases, and other important health problems of these youth.

http://pflag.org

Parents, Families and Friends of Lesbians and Gays (PFLAG) is a national non-profit organization with a membership of over 80,000 households and more than 425 affiliates worldwide. The parents, families and friends of lesbian, gay, bisexual and trans-gendered persons celebrate diversity and envision a society that embraces everyone, including those of diverse sexual orientations and gender identities.

http://www.outproud.org
The Web site for OutProud, The National Coalition for Gay, Lesbian, Bisexual & TransgenderYouth, provides a wide range of resources available for youth and educators.

http://blackquest.com
Provides African American and Black History Resources.

http://www.albany.net/~bginett/native.html
A compilation of 342 Native American sites.

http://www.si.edu/nmai
The National Museum of American Indians (NMAI) is part of the Smithsonian Institution.

http://www.eiteljorg.org
The Eiteljorg Museum of American Indians and Western Art is dedicated to the appreciation and understanding of American Indian and Western art and the many cultures of North America.

http://www.isna.net
The Islamic Society of North America

http://www.latinworld.com
A search engine for Iberoamerica and the Caribbean.

http://racerelations.about.com/newsissues/racerelations/library/weekly/aa060200a.htm
Provides information on race relations and white privilege.

http://uts.cc.utexas.edu/~rjensen/freelance/whiteprivilege.htm
Contains information on the topic of white privilege.

http://www.hbo.com/hate
A new series on HBO focusing on hate on the Internet. Did you know that as of early 2001 there were 366 U.S.-based hate sites on the WWW, up from 305 a year earlier? This includes pages from Klan, neo-Nazi, racist Skinhead, Christian Identity, black separatist, neo-Confederate, and other hate groups.

http://www.stopthehate.org
Provides anti-hate resources including downloadable graphics.

http://www.muohio.edu/diversityplan/
An example of one university's diversity plan.

Human Growth & Development

Studies that provide an understanding of the nature and needs of individuals at all developmental levels, including all of the following:

a. theories of individual and family development across the life-span
b. theories of learning and personality development
c. human behavior
d. strategies for facilitating optimum development over the life-span
e. ethical and legal considerations

http://www.bullying.org/
Site emphasizes victims of bullying are not alone. Filled with stories, drawings, poems, and music created by victims.

http://www.cfchildren.org/bully.html
A list of links to articles, resource guides, and web sites with tips on how families and educators can deal with bullying behaviors and situations.

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337
General information about eating disorders and body image concerns. Referrals to treatment centers, doctors, therapists, and support groups. Educational curriculum, promotional items, videos, books, and more.

http://www.edreferral.com/
The Eating Disorder Referral and Information Center is dedicated to the prevention and treatment of eating disorders. This site provides assistance, in the form of information and resources, to those suffering with eating disorders to get them started on the road to recovery and healthy living.

http://www.whitehousedrugpolicy.gov/schoolzone/index.html
The School Zone Home Room provides links to a variety of helpful and useful sites dealing with safety issues, citizenship, and crime prevention.

http://www.lib.vt.edu/subjects/huma/
Library of human development resources, including related web sites.

http://www.teachingteens.com/
An educator's online resource for teaching puberty and menstruation.

http://www.nationalcac.org
Description of developmental stages ranging from newborn infants to late adolescence. Sponsored by Hawaii Chapter, National Committee for Prevention of Child Abuse

http://www.schoolpsychology.net/
School Psychology Resources for Psychologists, Parents and Educators on learning disabilities, ADHD, functional behavioral assessment, autism, adolescence, parenting, psychological assessment, special education, mental retardation, mental health, and more.

http://www.multi-intell.com/
Description of multiple intelligences

http://www.mhhe.com/socscience/devel/life/devel-4.htm
Life-span developmental resources with numerous links from childhood to adulthood, covering different developmental topics.

http://www.kidshealth.org/parent/growth/
Informational articles on growing up, communication, feeding and eating, growth, learning and playing, medical care and sleep.

http://www.kidsource.com/
Informational articles on health and safety, education, homework, and parenting.

http://highered.mcgraw-hill.com/sites/0072413646/student_view0/glossary.html#glossarylayer20
Online glossary of human development terms by McGraw-Hill.

http://www.disciplinehelp.com/
Great resource that addresses behaviors, including ways to deal with over 100 types of misbehaviors.

Career Development

Studies that provide an understanding of career development and related life factors, including all of the following:

a. career development theories and decision-making models
b. career, vocational, educational, occupational and labor market information resources, visual and print media, computer-based career information systems, and other electronic career information systems
c. career development program planning, organization, implementation, administration, and evaluation
d. interrelationships among and between work, family, and other life roles and factors including the role of diversity and gender in career development
e. career and educational planning, placement, follow-up, and evaluation
f. assessment instruments and techniques that are relevant to career planning and decision making
g. technology-based career development applications and strategies
h. career counseling processes, techniques, and resources
i. ethical and legal considerations.

http://icpac.indiana.edu/
Indiana Career and Postsecondary Advancement Center includes a career inventory, career information, and many career links.

www.act.org/path/secondary/career.html
Career planning information from American College Testing (ACT).

http://www.careerkey.org/english/
The career key will help in choosing a career, college major, or changing a career. Thousands visit daily for free career assistance.

http://www.careers.org/
Over 4,000 links to jobs, employment, job search, education, career services, and career references organized by topic and region.

http://www.acinet.org/acinet/
Wage and employment trends, occupational requirements, state-by-state labor market conditions, millions of employer contacts nationwide, and the most extensive career resource library online.

http://www3.dist214.k12.il.us/guidance/careerinfo.html
Guidance resource homepage with categories containing many useful links.

http://www.njsca.org/col/col&car.htm
New Jersey School Counselors web page containing career and college information and extensive links.

http://mois.org/moistest.html
Michigan Occupational Information System Self-Assessment Career Survey

http://mapping-your-future.org/planning/
Planning a Career assists in how to choose a career and how to reach your career goal. You can also pick up useful tips on job hunting, resume writing, and job interviewing techniques.

http://career.missouri.edu/holland/
The *Career Interests Game* is designed to help you match your interests and skills with similar careers. It can help you begin thinking about how your personality will fit in with specific work environments and careers

http://www.careerware.com/
North America's leading provider of career and educational planning solutions, includes e-choices and the e-guidance center.

http://www.jobweb.com/catapult/
A site that contains numerous links and resources on career choices, assessments, college information, job search sites, and employment centers.

http://www2.widener.edu/~keh0002/linklist.htm
Site that organizes links by categories that include, financial aid, college searches, scholarships, career resources, study skills, parent resources, and teacher resources.

http://www.monster.com/
Global network for posting resumes, job search, and career information.

http://www.careercc.com/links/search.cgi?query=Assessment
Variety of career assessments for different developmental levels.

http://www.bls.gov/oco/
The *Occupational Outlook Handbook* is a nationally recognized source of career information and describes what workers do on the job, working conditions, the training and education needed, earnings, and expected job prospects in a wide range of occupations.

Helping Relationships

Studies that provide an understanding of counseling and consultation processes, including all of the following:

a. counselor and consultant characteristics and behaviors that influence helping processes
b. an understanding of essential interviewing and counseling
c. counseling theories
d. a systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions
e. a general framework for understanding and practicing consultation
f. integration of technological strategies and applications within counseling and consultation processes
g. ethical and legal considerations

Psychoanalytic

http://www.apsa.org
The American Psychoanalytic Association website provides membership and conference information along with content information, links, and a newsletter.

Self Psychology

http://www.selfpsychology.org

Provides information on the psychoanalytic theory of Heinz Kohut.

Existential Psychology

http://members.aol.com/timlebon/extherapy.htm

This is an individual's personal website, but provides very good information and links.

Adlerian Psychology/Individual Psychology

http://www.alfredadler.org

The North American Society of Adlerian Psychology website provides helpful links, a newsletter, and information on theory and practice.

http://www.utexas.edu/utpress/journals/jip.html

The Journal of Individual Psychology website provides current articles and archived material.

Gestalt Therapy

http://www.gestalt.org

Provides information, newsletter, and links to the International Gestalt Therapy Association as well as articles from The Gestalt Journal.

http://www.aagt.org

The Association for the Advancement of Gestalt Therapy is dedicated to theory, philosophy, practice, and research.

http://www.gestaltcenter.net

This is a personal website but provides good descriptive information and links.

http://www.g-g.org/gej/

Gestalt! is an electronic journal with full-text articles, interviews, and information about Gestalt therapy, theory, practice, and practitioners.

Transactional Analysis

http://www.ta-tutor.com/zt..study.html

Provides biographical material on the founder, Eric Berne, theoretical material, and links to international websites through the International Transactional Analysis Association.

Rogerian/Client-Centered Counseling

http://www.geocities.com/hotsprings/2249/cctpca.html

The purpose of the chat room is to provide individuals interested in client-centered therapy/person-centered approach a venue in which to engage in a virtual encounter with others.

http://www.adpca.org

The Association for the Development of the Person-Centered Approach is an international network of individuals who support the development and application of the person-centered approach.

Reality Therapy

http://www.wglasser.com/

This website of the founder, William Glasser, provides articles and links to the International Journal of Reality Therapy.

http://www.choicetheory.com

Provides description of the theory as well as links and training opportunities.

Behavioral/Cognitive-Behavioral

http://www.nacbt.org

The National Association of Cognitive Behavioral Therapy provides descriptive information, history, names/biographies of leaders in the field, chats, and links.

http://www.rebt.org

The website of the founder of Rational Emotive Behavior Therapy, Albert Ellis, provides discussion, information, training, and links.

http://www.aabt.org

The Association for the Advancement of Behavior Therapy provides membership information, resources (special Sept 11th resource), and links.

Brief Solution-Focused Therapy

http://www.brief-therapy.org

The website for the developers of this approach, Steve deShazer and Insoo Berg.

http://www.brieftherapy.org.uk

Provides descriptive information and practice notes on SFT.

Family Systems

http://www.mftsource.com

Provides a search engine for systems theorists and marriage and family therapy practice.

http://www.georgetownfamilycenter.org/

The website for one of the pioneers in family systems theory, Murray Bowen.

http://www.avanta.net

A website dedicated to the pioneering family systems work of Virginia Satir.

Related Sites

http://www.psychcentral.com

Provides a search engine for various mental health topics and theorists.

http://www.e-help.com

Provides a search engine for psychotherapy and self-improvement approaches.

http://www.motivationalinterview.org

Provides information on various aspects of motivational interviewing. Includes articles and discussions of clinical issues.

http://coe.fgcu.edu/faculty/sabella/cerc/index.htm

Provides links to counseling-related sites, counselor education course syllabi, and related counseling resources and listservs.

Canadian International Development Agency. (ERIC Document Reproduction Service No. ED 338 229).

www.ed.uab.edu/cinematherapy/nav.html

This site is dedicated to furthering the practical and theoretical use of cinematherapy in school counseling, private practice, and counselor education. Provides examples of therapeutic application, synopses of research in the literature, applicable readings, and links to pertinent sites.

Group Work

Studies that provide both theoretical and experiential understandings of group purpose, development, dynamics, counseling theories, group counseling methods and skills, and other group approaches, including all of the following:

a. principles of group dynamics
b. group leadership styles and approaches
c. theories of group counseling
d. group counseling methods
e. approaches used for other types of group work
f. professional preparation standards for group leader
g. ethical and legal considerations.

http://www.psych.mcgill.ca/labs/iagp/IAGP.html

The International Association of Group Psychotherapy website provides membership, conference, and training information.

http://asgw.educ.kent.edu

The Association for Specialists in Group Work (ASGW) promotes quality in group work training, practice, and research both nationally and internationally. The website is a resource base for teachers, students, and practitioners of group work and includes both organizational information and professional resources.

http://www.artswire.org/asgpp/

The American Society of Group Psychotherapy and Psychodrama was founded in 1942 by J. L. Moreno, MD (1889-1974). It is the pioneer membership organization in group psychotherapy and continues to be a source and inspiration for ongoing developments in group psychotherapy, psychodrama, and sociometry.

http://www.groupsinc.org/
The American Group Psychotherapy Association is an interdisciplinary community that has been enhancing practice, theory and research of group therapy since 1942.

http://www.apa.org/journals/gdn.html
Group Dynamics: Theory, Research, and Practice, an APA journal, provides current and past issues.

Related Sites

http://cybercounsel.uncg.edu
Go to Presentations Library and review William Attridge's PowerPoint presentation on Group Counseling Ethics.

These three sites provide suggestions for icebreakers in group counseling.

http://www.flora.org/mike/poped/icebreakers.html
http://home.earthlink.net/~tlcarothers/ice.htm
http://www.uwm.edu/Dept/SOAR/Lead/Icebreak.html

These three sites provide examples of actual group counseling programs.

http://www.sfasu.edu/ccs/counseling/grpcouns.html
http://www.ithaca.edu/counseling/group.htm
http://www.wm.edu/OSA/counsel/Group.htm

Assessment

Studies that provide an understanding of individual and group approaches to assessment and evaluation, including all of the following:

a. historical perspectives concerning the nature and meaning of assessment
b. basic concepts of standardized and non-standardized testing and other assessment techniques
c. statistical concepts
d. reliability (i.e., theory of measurement error, models of reliability, and the use of reliability information)
e. validity (i.e., evidence of validity, types of validity, and the relationship between reliability and validity

f. age, gender, sexual orientation, ethnicity, language, disability, culture, spirituality, and other factors related to the assessment and evaluation of individuals, groups, and specific populations
g. strategies for selecting, administering, and interpreting assessment and evaluation instruments and techniques in counseling
h. an understanding of general principles and methods of case conceptualization, assessment, and/or diagnoses of mental and emotional status
i. ethical and legal considerations.

http://www.unl.edu/buros/
Website for the Buros Mental Measurement Yearbook

http://www.behavenet.com/capsules/disorders/dsm4TRclassification.htm
Online access to DSM-IV information

http://www.win.net/insightsys/question.htm
Find out about your personality type by completing the simplified Myers-Briggs questionnaire and determining your four-letter code.

http://www.keirsey.com/cgi-bin/newkts.cgi
The Keirsey Temperament Sorter II is a questionnaire that tells you if you're an Artisan, Guardian, Rationalist or Idealist. Everyone who completes the Sorter receives a Free Temperament description with the opportunity to purchase the full 10-Page Temperament Report and the new Career Report.

http://www.review.com/career/careerQuiz1.cfm?careers=6&menuID=0
Princeton Review offers career articles along with a questionnaire to estimate your personal interests and usual style.

http://www.queendom.com/tests/index.html
Queendom offers the largest online battery of professionally developed and validated psychological assessments. A pioneer and leader in online testing, Queendom has served more than 250 million tests in nine different languages.

http://users.rcn.com/zang.interport/personality.html
Simple personality test based on color and shape.

http://www.lwc.edu/staff/dkelley/Soc1345/validity/sld001.htm
A PowerPoint presentation on measurement reliability and validity.

http://www.hemweb.com/library/glossary.htm
A glossary of measurement terms.

http://www.uwsp.edu/psych/stat/5/CT-Var.htm
Measures of central tendency and variability.

Research & Program Evaluation

Studies that provide an understanding of research methods, statistical analysis, needs assessment, and program evaluation, including all of the following:

a. the importance of research and opportunities and difficulties in conducting research in the counseling profession
b. research methods such as qualitative, quantitative, single-case designs, action research, and outcome-based research
c. use of technology and statistical methods in conducting research and program evaluation, assuming basic computer literacy
d. principles, models, and applications of needs assessment, program evaluation, and use of findings to effect program modification
e. use of research to improve counseling effectiveness
f. ethical and legal considerations

http://www.ats.ucla.edu/stat/spss/notes/spss_all.htm
Web pages that contain notes on SPSS and movies. The movies show you the computer screen while you hear the teacher describe and explain how to use SPSS.†

http://www.slais.ubc.ca/resources/research_methods/default.htm
Research methods resources on the WWW

http://www.socialpsychology.org/methods.htm
Links on research tips, methodology, ethics, statistics and data analysis.

http://www.psychwww.com/resource/apacrib.htm
APA style resources.

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http://ericae.net/

Ericae.net provides balanced information concerning educational assessment, evaluation and research methodology, as well as resources to encourage the responsible use of educational data.

http://davidmlane.com/hyperstat/index.html

Hyperstat online and other recommended statistic resources.

http://www.randomizer.org/

This web site is designed to assist researchers and students who want an easy way to perform random sampling or assign participants to experimental conditions.

http://members.aol.com/johnp71/javastat.html

Over 600 links, including 380 calculating pages.

http://kerlins.net/bobbi/research/qualresearch/

Resources for conducting qualitative inquiry. Of particular note is the extensive bibliography of qualitative research resources.

http://www.counseling.org/resources/ethics.htm#eg

American Counseling Association section on ethics in research.

http://www.mapnp.org/library/evaluatn/fnl_eval.htm

Basic guide to program evaluation.

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Council for Accreditation of Counseling and Related Educational Programs. (2001). *CACREP accreditation manual*. Alexandria, VA: Author.

Association for Counselor Education and Supervision, Technology Interest Network. (1999). *Technical competencies for counselor education students*. Retrieved May 31, 2003, from www.acesonline.net/competencies.htm

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